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## Yoga as Preventive measure

Yoga and lifestyle both are interrelated. If you do yoga regularly then you can lead a good lifestyle.

Asanas are the 3rd step of eight element after Yama & Niyama. Asanas are slow stretching activities, in which holding body postures brings stability of body and peace to mind.

Yoga Asanas categorised into 3 parts:

Cultural Asana: For overall body fitness

Meditative & Relaxation Asana

For improving mental activities.

Therapeutic Asana. For curing various health problem.

## # Yoga Asana as Preventive measures

Yoga Asanas have great curative, preventive & therapeutic effects. Asanas can cure and prevent many chronic health problems such as:

- Skeletal or Ortho related problems.

Asanas can prevent and cure many ortho related problem such as Kyphosis, Round, Shoulder, Lordosis, Scoliosis, knock knees, Bow legs, Flat foot, Neck, Spondylitis.

- Digestion Related.

Asanas can prevent and cure many digestive related health problems eg diabetes, obesity, and

weight, constipation, food intolerance  
Gastric problem and many more

- Concentration related problems  
Asanas prevent and cure stress and tension, control anxiety, stabilize mind and improve memory.

- Immunity related problems  
Asanas can improve the immunity to a great extent, thus prevent cold, cough, viral, infection, communicable diseases, asthma etc.

- Cardiac related.

It also prevent coronary artery disease, heart attack, congestive heart failure, varied blood pressure.

- Nerve related

It prevents paralysis, sciatica, Parkinson, weak muscle cramps.

Benefits of Yoga Asanas.

- Improves physical & mental abilities to <sup>ext</sup> a great
- inc. come. & control behaviour.
- Our bones and joints become strong.
- inc. blood circulation.
- Respiratory organs become strong.
- Efficiency of digestive system inc. an deficit
- Nervous system gets strengthened.

- Glandular activity is stimulated and regulated properly efficiency of excretory system enhances.
- Immune system gets strengthened.
- Improves cardiovascular system.
- Control over sense organs.
- gives relaxation from stress & tensions.
- Develops good posture.
- Removes ortho problem.
- prevents premature ageing.

### Obesity

Obesity is excessive accumulation of bodyfat, usually caused by the consumption of more calories than body requirement.

### Measurement →

- ① weight
- ② BMI
- ③ Waist-hip ratio.

### causes →

- ① excessive eating
- ② Frequently eating
- ③ Eating such carbohydrates food.
- ④ Taking intoxicants
- ⑤ Eating while reading, writing & watching T.V.
- ⑥ lack of physical exercises
- ⑦ Heredity.

### Symptoms of obesity.

- ① High BMI
- ② Back and joint pain.
- ③ Feeling tired.
- ④ Increased sweating.

### Risk Factors

- ① Heart disease.
- ② Stroke
- ③ High b.p
- ④ Liver disease
- ⑤ Gallbladder disease
- ⑥ Depression.

Prevention: →

- ① Exercise Regularly.
- ② Follow a Healthy Eating Plan
- ③ Avoid Heat Traps that cause you to sweat

Tadasana (Mountain Pose)

Benefits: -

- ① It improves posture and improves ability to sustain the pose for a long period.
- ② Strengthens thighs, knees & ankles.
- ③ relieves sciatica.
- ④ reduce flat feet & helps to relieve constipation.

Katichakrasana (Side Stretch Pose)

Benefits: -

- Weight loss.
- Relieve constipation
- Manage diabetes.
- Spine health.
- Strengthen arms
- Cures frozen shoulder.
- Improves kidney efficiency.

Pawanuktasana (Wind-Relieving Pose)

Benefits: -

- Asana strengthens the back & abdominal muscles.
- tones the leg and arm muscles.
- massages the intestines & other organs in the abdomen.

- ④ helps in digestion and release of gas.
- ⑤ enhances blood circulation in the hip joints and eases tension in the lower back.

### • Matsyasana

#### Benefits

- stretches the chest and neck
- helps in relieving tension in the neck and shoulders
- asana provides relief from respiratory disorder by in-in deep breathing
- tones the parathyroid, pituitary and pineal glands

### Halasana

#### Benefits

- Relieve Feet
- Improves Digestive System
- Relieve Stomach
- Helps to ~~Damage~~<sup>manage</sup> Diabetes
- Improves blood circulation

### Paschimottasana

#### Benefits

- Stomach relieves
- reduces fatty deposits in the abdomen
- removes anxiety; anger and irritability
- calms the mind
- stretches the spine & brings flexibility
- beneficial for constipation and digestive disorder
- useful for the tight
- cure impotency

- tones the abdominal pelvic organs
- balances the menstruated cycles

### • Ardha Matsyendrasana

#### Benefits

- reduce excessive fats in abdomen
- cleans internal organ
- digestion and elimination of wastes
- releases excess heat and toxins from the organs and tissue

### Dhanurasana (Bow Pose)

#### Benefits

- reduce obesity
- make the spine flexible and reduce its stiffness
- cure constipation and also stomach pain
- the lung power
- cure the urinary diseases

### Ushtrasana (Camel Pose)

#### Control Asthma

- Helps to properly align the spine
- improves flexibility
- helps to improve the lungs functioning
- Reduces obesity

### Swara Bhedha Pranayama

- purifies the blood and fills the oxygen supply
- helps to improve the efficiency of the digestive system

- Reduce obesity
- beneficial for people suffering from cold, cough and asthma.

## # Diabetes

Diabetes is a disease which affects our body's ability to utilize insulin produced in pancreas.